



Parenting Strategies:

preventing Adolescent Alcohol Misuse

New online resource for parents on how to prevent adolescent alcohol misuse

<http://www.parentingstrategies.net>

Parents concerned about what are the best strategies to use to help their adolescent avoid misusing alcohol will now be able to test their skills and obtain help online, thanks to a new website.

A team of researchers at the University of Melbourne has collaborated with Turning Point Alcohol & Drug Centre to produce a website for parents providing them with evidence-based information about how they can best prevent their adolescent child from misusing alcohol. The website also gives parents the opportunity to assess their current approaches via a survey, which provides them with immediate, personalised feedback on how they can more confidently manage the issue of alcohol use in their child.

Under-age drinking is widely viewed as an appropriate rite-of-passage within the community. Despite 90 per cent of adolescents consuming alcohol by the age of 14, there is a lack of widely available evidence-based guidelines for parents in responding to requests for alcohol from their children.

This website is an international first, in terms of giving families practical evidence-based strategies for dealing with the common dilemma of when to allow their children to drink alcohol. Parents who implement the strategies may also reduce the risk that their child will develop alcohol-related problems as a young adult.

An initial evaluation of this intervention will be conducted over the next few months. The website can be viewed at: <http://www.parentingstrategies.net>.